





# UNITED TOWNSHIP HIGH SCHOOL BREAKFAST

## January 2018

**Daily Lunch Choices:** A variety of premade Salad, Hoagie Lunch, Soft Pretzel Lunch  
**Lunch Specials:**

**\*MENU SUBJECT TO CHANGE**




Monday	Tuesday	Wednesday	Thursday	Friday
1 No School 	2  Winter Interession	3 <u>Teacher's Institute</u>  Winter Interession	4 Pancakes Sausage links Orange Juice Strawberries	5 Fresh Baked Cinnamon Roll Fresh Oranges
8 Egg Sausage and Cheese Croissant Mandarin Oranges Peaches	9 Breakfast Pizza Fresh Banana	10 Vegetable Quiche Toast and Jelly Orange Juice Pears	11 Breakfast Burrito Fresh Banana	12 Scramble Eggs Pancakes Fresh Pear
15 Martin Luther King Jr Day No School	16 Scramble Egg Assorted Muffin Orange Juice Applesauce	17 Breakfast Pizza Fresh Orange	18 Glazed Donut Fresh Apple	19 French Toast/ Syrup Bacon Peaches Strawberrie
22 Biscuit and Gravy Applesauce Orange Juice	23 Scramble Eggs English Muffin Fresh Orange	24 Pancakes Sausage Pattie Raisin Mandarin Oranges	25 Ham and Cheese Quiche Assorted Muffin Fruit Cocktail Apricots	26 Egg Bacon and Cheese On A Croissant Banana
29 Fresh Baked Cinnamon Roll <b>Fresh Apple</b>	30 French Toast Sausage Patty Fresh Pear	31 Cheese Omelet Toast and Jelly Applesauce Orange Juice		



# UNITED TOWNSHIP HIGH SCHOOL LUNCH

## January 2018

**Daily Lunch Choices: A variety of premade Salad, Hoagie Lunch, Soft Pretzel Lunch**  
**Lunch Specials:**  
**\*MENU SUBJECT TO CHANGE**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 No School</p> 	<p>2</p>  <p style="text-align: center;">Winter Intercession</p>	<p>3 <u>Teacher's Institute</u></p>  <p style="text-align: center;">Winter Intercession</p>	<p>4</p> <p>Walking Taco Spanish Rice Hot Turkey and Cheese on Whole Grain Croissant <b>Oven Beaked Sweet Potato Fries</b> Refried Beans Green Mixed Salad Fresh Apple</p>	<p>5</p> <p>Bacon Cheeseburger on Whole Grain Bun Mandarin Orange Chicken Fried Rice <b>Baby Whole Carrots Broccoli</b> Oven Baked French Fries Apricots Pears</p>
<p>8</p> <p>Stuffed Crust Pizza Breaded Chicken Breast on Whole Grain Bun Mixed Green Salad <b>Oven Beaked Sweet Potato Fries</b> Fruit Cocktail Raisins</p>	<p>9</p> <p>Spicy Chicken Breast On A Whole Grain Bun Ham and Scalloped Potato With Whole Grain Roll Oven Baked French Fries <b>Carrots</b> Mixed Green Salad Fresh Apple</p>	<p>10</p> <p>County Fried Steak With Whole Grain Dinner Roll Chicken Strips With Whole Grain Dinner Roll Mashed Potato and Gravy Broccoli Mixed Green Salad Fresh Orange <b>Cookie</b></p>	<p>11</p> <p>Macaroni and Cheese with Whole Grain Dinner Roll Pasta Bar With Whole Grain Garlic Bread Mixed Green Salad Peas Fruit Cocktail Peaches</p>	<p>12</p> <p>Chili With Grilled Cheese Sandwich Pepperoni Calzone <b>Baby Whole Carrots/ Dip</b> <i>Mixed Green Salad</i> Fresh Apple</p>
<p>15</p> <p>No School</p> <p>Martin Luther King Day</p>	<p>16</p> <p>Chili Hot Dog On A Whole Grain Bun Italian Chicken on Whole Grain Bun <b>Carrots</b> Baked French Fries Mixed Green Salad Fresh Apple</p>	<p>17</p> <p>Hot Ham and Cheese on Whole Grain Croissant Cheese Bites Served With Mariana Sauce <b>Oven Baked Sweet Potato Fries</b> Broccoli Applesauce Assorted Fruit Sorbet</p>	<p>18</p> <p>Breaded Pork Tenderloin On A Whole Grain Bun Chicken Fajita Spanish Rice Baked Beans <b>Baby Whole Carrots/Dip</b> Pears Peaches</p>	<p>19</p> <p><i>Chicken Patty On A Whole Grain Bun</i> <i>Cheeseburger On A Whole Grain Bun</i> Oven Baked French Fries Green Bean Fresh Orange</p>
<p>22</p> <p>Chicken Alfredo Served With A Whole Grain Garlic Bread Corn Dog <b>Carrots</b> Baked Beans Mixed Green Salad Peaches Fruit Cocktail</p>	<p>23</p> <p>Salisbury Steak With Whole Grain Dinner Roll Breaded Chicken Leg With Whole Grain Dinner Roll Broccoli Mashed Potato and Beef Gravy <i>Mixed Green Salad</i> Fresh Apple</p>	<p>24</p> <p>Breaded Chicken Breast On A Whole Grain Bun BBQ Beef Patty Sandwich on Whole Grain Bun <b>Oven Baked Sweet Potato Fries</b> <i>Mixed Green Salad</i> <i>Fruit Cocktail</i> <i>Pears</i></p>	<p>25</p> <p>Macaroni and Cheese With Whole Grain Dinner Roll Hot Turkey and Cheese on Whole Grain Croissant Green Bean <i>Mixed Green Salad</i> Peaches Applesauce</p>	<p>26</p> <p>Lasagna Served With A Whole Grain Garlic Bread Bacon Cheeseburger on Whole Grain Bun Oven Baked French Fries <b>Baby Whole Carrots/Dip</b> <i>Mixed Green Salad</i> Fresh Apple</p>
<p>29</p> <p>Spicy Chicken On Whole Grain Bun Cowboy Cavatina Whole Grain Garlic Bread Oven Baked French Fries <b>Carrots</b> <i>Mixed Green Salad</i> Apricots Pears</p>	<p>30</p> <p>Sweet and Sour Chicken Fried Rice Philly Steak Sandwich on a Whole Grain Bun Baked Beans Broccoli <i>Mixed Green Salad</i> Fresh Orange</p>	<p>31</p> <p>Chicken Parmesan With Whole Grain Noodles Stuffed Crust Pizza Mixed Green Salad <b>Baby Whole Carrots/Dip</b> Fresh Apple <b>Cookie</b></p>		



# UTEC BREAKFAST MENU

**January  
2018**

*Milk choice includes:  
Choice of non-fat (flavored or unflavored) or 1% milk  
(unflavored)  
\*Menu subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School 	2  Winter Intersession	3 Teacher's Institute  Winter Intersession	4 Assorted Pop Tarts Applesauce Raisin	5 Fresh Baked Cinnamon Roll Fresh Oranges
8 Whole Grain Cereal Graham Cracker Fresh Apple	9 <b>Breakfast Pizza</b> <b>Fresh Banana</b>	10 Blueberry Muffin Orange Juice Pears	11 <b>Breakfast Burrito</b> <b>Fresh Banana</b>	12 Fruit Yogurt Cereal Bar Fresh Pear
15 Martin Luther King Jr Day No School	16 Chocolate Mint Donut Orange Juice Applesauce	17 <b>Breakfast Pizza</b> <b>Fresh Orange</b>	18 <b>Glazed Donut</b> <b>Fresh Apple</b>	19 Apple Muffin Pears Fruit Cocktail
22 Fruit Yogurt Grahams Cracker Orange Juice Applesauce	23 Whole Grain Honey Bun Fresh Orange	24 <b>Pancakes</b> <b>Sausage Pattie</b> <b>Raisin</b> <b>Mandarin Oranges</b>	25 Pop Tarts Fruit Cocktail Apricots	26 <b>Egg Bacon and Cheese</b> <b>On A Croissant</b> <b>Banana</b>
29 <b>Fresh Baked</b> <b>Cinnamon Roll</b> <b>Fresh Apple</b>	30 <b>French Toast</b> <b>Sausage Pattie</b> <b>Fresh Pear</b>	31 Chocolate Mint Donut Applesauce Orange Juice		






# UTEC/PHOENIX LUNCH MENU

**January  
2018**

*Milk choice includes: Choice of non-fat (flavored or unflavored) or 1% milk (unflavored)*

*\*Menu subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 No School</p> 	<p>2  No School</p>	<p>3 Teacher's Institute  No School</p>	<p>4 Hot Turkey and Cheese on Whole Grain Croissant <b>Oven Beaked Sweet Potato Fries</b> Green Beans Fresh Apple</p>	<p>5 Cheeseburger on Whole Grain Bun <b>Baby Whole Carrots</b> Oven Baked French Fries Apricots Pears</p>
<p>8 Stuffed Crust Pizza Mixed Green Salad <b>Oven Beaked Sweet Potato Fries</b> Fruit Cocktail Raisins</p>	<p>9 Spicy Chicken Breast On A Whole Grain Bun Oven Baked French Fries <b>Baby Whole Carrots/Diip</b> Fresh Apple</p>	<p>10 County Fried Steak With Whole Grain Dinner Roll Mashed Potato and Gravy Broccoli Fresh Orange <b>Cookie</b></p>	<p>11 Pasta Bar With Whole Grain Garlic Bread Mixed Green Salad Peas Fruit Cocktail Peaches</p>	<p>12 Pepperoni Calzone <b>Baby Whole Carrots/ Dip</b> <i>Mixed Green Salad</i> Fresh Apple</p>
<p>15 No School Martin Luther King Day</p>	<p>16 Italian Chicken on Whole Grain Bun <b>Baby Whole Carrots/Dip</b> Baked French Fries Fresh Apple</p>	<p>17 Hot Ham and Cheese on Whole Grain Croissant <b>Oven Baked Sweet Potato Fries</b> Mixed Green Salad Applesauce Assorted Fruit Sorbet</p>	<p>18 Breaded Pork Tenderloin On A Whole Grain Bun Baked Beans <b>Baby Whole Carrots/Dip</b> Pears Peaches</p>	<p>19 <i>Chicken Patty On A Whole Grain Bun</i> Oven Baked French Fries Mixed Green Salad Fresh Orange</p>
<p>22 Corn Dog Baked Beans <b>Baby Whole Carrots/Dip</b> Peaches Fruit Cocktail</p>	<p>23 Salisbury Steak With Whole Grain Dinner Roll Broccoli Mashed Potato and Beef Gravy Fresh Apple</p>	<p>24 BBQ Beef Patty On A Whole Grain Bun <b>Oven Baked Sweet Potato Fries</b> <i>Mixed Green Salad</i> <i>Fruit Cocktail</i> <i>Pears</i></p>	<p>25 Macaroni and Cheese With Whole Grain Dinner Roll Green Bean <i>Mixed Green Salad</i> Peaches Applesauce</p>	<p>26 Cheeseburger on Whole Grain Bun Oven Baked French Fries <b>Baby Whole Carrots/Dip</b> Fresh Apple</p>
<p>29 Spicy Chicken On Whole Grain Bun Oven Baked French Fries <b>Baby Whole Carrots/ Dip</b> Apricots Pears</p>	<p>30 Philly Steak Sandwich on a Whole Grain Bun Baked Beans Broccoli Fresh Orange</p>	<p>31 Stuffed Crust Pizza Mixed Green Salad <b>Baby Whole Carrots/Dip</b> Fresh Apple <b>Cookie</b></p>		